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**Amendments to the Claims**

This listing of claims will replace all prior versions, and listings, of claims in the application.

**Listing of the Claims:**

1. (currently amended) A nutritional bar comprising:
  - a) about 10%wt or more of soy and/or rice protein, about 1%wt or more being in the form of nuggets,
  - b) at least one transition metal or transition metal compound, and
  - c) about 2%wt or more of a humectant selected from the group consisting of diol and triol polyols and sorbitol.
2. (original) The nutritional bar according to claim 1 wherein the nutritional bar comprises about 12%wt to about 35%wt of soy and/or rice protein.
- 3.(original) The nutritional bar according to claim 1 wherein the nutritional bar comprises about 5%wt or more soy and/or rice protein in the form of nuggets.
4. (original) The nutritional bar according to claim 1 wherein the nuggets comprise about 55%wt to about 100%wt of soy and/or rice protein.
5. (original) The nutritional bar according to claim 4 wherein the nuggets comprise about 75%wt to about 95%wt of soy and/or rice protein.
6. (original) The nutritional bar according to claim 1 wherein the nuggets further comprise about 5%wt to about 25%wt of a reducing sugar.
7. (currently amended) The nutritional bar according to claim 6 wherein the polyol is selected from the group consisting of triols.

8. (original) The nutritional bar according to claim 7 wherein the triol comprises glycerol.

9. (original) The nutritional bar according to claim 1 comprising about 3%wt to about 20%wt of the humectant.

10. (original) The nutritional bar according to claim 1 wherein the humectant comprises about 3%wt to about 10%wt of glycerol.

11. (currently amended) The nutritional bar according to claim 1 wherein the at least one transition metal or transition metal compound is selected from the group consisting of chromium, manganese, iron, cobalt, nickel, copper and zinc and their compounds and mixtures thereof.

12. (currently amended) The nutritional bar according to claim 1 wherein the at least one transition metal or transition metal compound is in a substantially water insoluble form at 20 °C.

13. (original) The nutritional bar according to claim 12 wherein the at least one transition metal or transition metal compound is substantially encapsulated in an encapsulation material.

14. (currently amended) A nutritional bar comprising:

- a) about 10%wt or more of soy and/or rice protein,
  - b) at least one transition metal or transition metal compound, and
  - c) about 2%wt or more of ~~diol or triol~~ a humectant selected from the group including diol, triol and sorbitol humectant,
- and wherein the nutrition bar has an  $A_w$  of 0.45 or less.

15. (currently amended) The nutritional bar according to claim 14 wherein the nutritional bar has an  $A_w$  of 0.43 or less.

16. (currently amended) A nutritional bar comprising;

- a) about 10%wt or more of soy and/or rice protein,
- b) at least one transition metal or transition metal compound, wherein the at least one transition metal or transition metal compound is in a substantially water insoluble form at  $20 \pm 2^\circ\text{C}$ , and
- c) about 2%wt or more of a humectant.

17. (original) The nutritional bar according to claim 16 wherein the at least one transition metal or transition metal compound is substantially encapsulated in an encapsulation material.

18. (currently amended) A nutritional bar comprising:

- a) about 10%wt or more of soy and/or rice protein,
- b) at least one transition metal or transition metal compound,
- c) about 2%wt or more of a humectant selected from the group consisting of diol and triol polyols and sorbitol,
- d) the nuggets further comprising about 5% wt. to about 25% wt. of a reducing sugar, and
- e) the nutritional bar comprising about 5% wt. or more soy and/or rice protein in the form of nuggets.